

EMTs rally to save heart attack victim

by Mark Iacampo
USAG Hohenfels Public Affairs

HOHENFELS, Germany — One moment in time. That’s all it takes for tragedy to strike or for a life to be changed forever. But in that same moment, with fast and decisive action, a life can be saved. On April 2, 2011, Jill and Dan Mendoza saw both sides of that coin when Jill suffered cardiac arrest, and the quick actions of the Hohenfels

“ Her eyes were open but there was no response. I tried to get a pulse — nothing. ”

Dan Mendoza, Husband

community saved her life. Having spent the afternoon at Hohenfels Middle/High School games, the pair returned to their separate vehicles at the Warrior Hill Shoppingette parking lot to head home.

Mendoza stopped at the ATM, while Jill climbed into her car. “As I got out of the ATM machine, I saw Jill was slumped over the steering wheel,” said Mendoza, who immediately ran to her and at-

tempted to revive her. “Her eyes were open but there was no response,” he said. “I tried to get a pulse — nothing.” At that moment, Kathy Clemmons was parked nearby. Mendoza asked Clemmons to call an ambulance while he tried to pull his wife from the car. By the time he got the seatbelt unfastened and the car back in park, Clemmons had joined him and together they See MENDOZA, page 17

Students extend birthday wishes for Grafenwoehr’s 650th



Second-graders from Grafenwoehr Elementary School present Grafenwoehr’s Mayor Helmuth Waechter with a handmade banner in honor of the city’s 650th birthday celebration, May 31.

Small citizens march to Rathaus, learn about local government

Story and photo by
Molly Hayden
Staff Writer

GRAFENWOEHR, Germany — Ryland Edwards was nervous; it was big day for the 11-year-old Grafenwoehr Elementary School student. “There are a lot of powerful people here,” said Edwards. Standing outside of the Grafenwoehr Rathaus among his fellow fifth-graders while second graders looked up to him, Edwards read aloud a birthday wish extended to Mayor Helmuth Waechter in honor of the city’s 650th celebration. “Living here means living in a town full of history, culture and tradition,” read Edwards. “We are proud to spend this great birthday together with you.”

The students then presented the mayor with a handmade banner. Waechter inspected and artwork and smiled, thanking the children for their hard work. Additionally, Waechter expressed his gratitude to U.S. Garrison Grafenwoehr Commander Col. Vann Smiley and fellow community members for the rewarding relationship between the German and American nations. Smiley shook the mayor’s hand and addressed the children.

“Bürgermeister Waechter ist mein Freund und my partner,” said Smiley. Students danced around in excitement as they followed Waechter, who escorted them into the meeting hall of the town council to explain how he enacts legislation. They sat in plush chairs encompassing a large wooden table and asked questions about the mayor and the city he runs. The meeting hall is where all the decisions are made, said Waechter. Waechter has conducted business for the city of Grafenwoehr for 28 years and is currently in his sixth term as mayor. He works closely with the Army regarding development and projects in the training area and in the community. His day-to-day routine ensures the well-being of all citizens, both German and American, living and working in Grafenwoehr while maintaining the traditions of the small farm town.

Grafenwoehr is one of the oldest towns in this area and received its town charter in 1361, 131 years before Columbus discovered America — a fun fact that left the students in stitches. “That’s so old,” whispered one second-grader in astonishment. Waechter encouraged the children and their parents to participate in the various clubs, celebrations and social activities held year-round in the town, and reminded them Grafenwoehr is everyone’s community, a community shared.

A direct line to the top



Photo by Sgt. 1st Class Lyttleton M. Yates

GRAFENWOEHR, Germany — A Soldier asks Army Chief of Staff Gen. Martin E. Dempsey a question during a town hall meeting at the Main Post Theater, June 2. Dempsey, who was recently nominated to be the new chairman of the Joint Chiefs of Staff, visited Grafenwoehr to determine the overall health of the Army. For more on the general’s visit, see the next edition of the *Bavarian News*.

Hohenfels Fire Dept. a cut above the rest

From saving lives to finding lost sheep, local firefighters can take the heat

by Mark Iacampo
USAG Hohenfels Public Affairs

HOHENFELS, Germany — In recognition of outstanding service as the community’s first responders, the Hohenfels Fire Department has been named the IMCOM Europe Best Small Fire Department of fiscal year 2010.

Responsible for over 40,000 acres and 1.15 billion dollars in property assets, the single fire company protects a permanent population of nearly 6,000 individuals. Tasked for multiservice fire protection, the department is responsible not only for structural firefighting, but wild land and aircraft fire, rescue operations, emergency medical service first responders, fire

prevention and education, and more. “You have to be a little crazy to want to be a firefighter,” said Guenter Stoeckl, fire chief. Called upon for everything from finding lost sheep to saving lives, the fire department responded to 472 emergency calls during fiscal year 2010. “It’s about having the chance to help people in situations where they need help,” Stoeckl said. Just such a situation oc-

curred on April 2, when Jill Mendoza suffered a heart attack in the parking lot by the shoppette. “Once in a while we have reanimation, but it’s hard to succeed,” said Stoeckl. “But fortunately there was no loss of time. The bystanders helped, we came with our defibrillator and our equipment, the BRK (Bavarian Red Cross) showed up, our medevac showed up.” “We could save her life, and that’s why we do all this See FIRE DEPT., page 17



More than ready

Soldier 360° students discover ways to become mentally and emotionally fit while preparing for the new PRT

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Triumphant return

Redeploying Soldiers from 2SCR and the 615th MP Company receive a warm welcome from a grateful community

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Water Tower art by Dane Gray

Commander's Message



Grafenwoehr has many reasons to celebrate

Gruess Gott! We had a busy week-end with the city of Grafenwoehr's 650th anniversary, Bavaria's Best Bavarians Finals, Europe's Got Talent Competition, and the Asian Pacific heritage luau at Dickhaeuter Lake. But the great weather and the spirit and support of the whole community made each and every one of the events a huge success.

It is these partnerships with the communities that make our jobs and lives here so fulfilling. It's not just about deploying and going to war, it's also about the support we give each other back here at home.

I know it is hard to fathom a city being 650 years old since the U.S. is still in its infancy at 235 years. Families will come and go from the community, but the garrisons and the partnerships we make will live on forever.

Father's Day
The Germans celebrated Father's

Day last Thursday and we will celebrate Father's Day in the U.S. on Sunday, June 19. But no matter when we celebrate Father's Day, the meaning is the same: to honor our fathers and our father's fathers for the roles they've shared in shaping who we are.

Many fathers will be lucky enough to be back from deployment this Father's Day, but many won't. And some, those who have paid the ultimate sacrifice, will never be coming home for another Father's Day.

Let's make sure we honor those who have served, are serving, and those who have passed this Father's Day. For those of you who are with your families, celebrate, enjoy, and be thankful



for your family.

For those of you who are unable to be home with your families, know that they and the rest of us have you in our thoughts and prayers in hopes that next year you will be home, with your children, explaining to them the meaning of Father's Day.

Army Birthday
The Army will be celebrating 236 years on Tuesday, June 14. There will be celebrations, tributes and ceremonies honoring the Army and its 236 years. Take the time to reflect and attend one or all of the events. We are all part of the Army history, in fact, we are continuing to make history every day. Happy Birthday Army!

Tank Trail
The Tank Trail opening May 25 was a success. Hundreds of cars are now traveling to and from Main Post and Rose Barracks as part of our ef-

fort to maintain and emphasize our "One Community" concept. However, there have been problems with people not following the posted speed limits. These speed limits are put there for everyone's safety, to include the wildlife.

The training area is not a vast desert of dead ground and blown-up vehicles. It is a thriving ecosystem with lakes and trees and hundreds of animals, including deer, which can jump out in front of your car without notice.

Additionally, military tactical vehicles can come out of blind entrances and can wreak havoc on today's smaller cars. Please enjoy using the "One Community" tank trail, but also follow the set speed limits. They are there for your safety and the safety of everyone around you.

Col. Vann Smiley
Commander, U.S. Army Garrison Grafenwoehr

NCO shares lessons on Soldier 360° finance, fitness

The first reflection in a seven-part series to help Soldiers become healthier and more resilient in their daily lives and careers. Each part consists of an observation, activity and reflection.

By Sgt. 1st Class Milton Johnson
B. Co., 172nd Infantry Support Battalion

During Soldier 360° I gained valuable knowledge and so many useful tools that it seems almost impossible to single out any one technique. However, I think there are benefits to be gained by taking the time to re-evaluate your life, and discover what works and what doesn't.

One thing that really helped my family and me was that I talked to the finance specialist who provided one-on-one assistance to all the NCOs as part of the Soldier 360° course.

Too many times I see Soldiers, both single and married, who don't take care of or know how to take care of their finances. By the time landlords and bill collectors begin to contact the chain of command about past and overdue bills, the "crap" rolls downhill and the first person called is me, the platoon sergeant, to fix it.

With the tools and advice the finance specialist gave me, I am now equipped with the tools necessary to sit down and lead my guys in the right direction when they run into financial challenges.

Further, because I learned to communicate and listen more effectively, my wife and I can now rework our own financial strategy. I'm not saying that I'm the smartest or even the richest person in the Army, but I've been blessed

with a wife that really cares about our family's future and we have taken steps necessary to ensure we don't go hungry after we leave the Army.

I also plan to reinforce my physical readiness training program with physical activities I learned during Soldier 360°. At work, I know I can



Read about how NCOs are preparing for the new PRT using techniques from the Soldier 360° course. See page 14.

implement training that will prevent injury to my Soldiers and also ensure Soldiers who are currently on profile can participate in PRT without violating the conditions of their medical profile.

I've always known that exercise is, and should be, a major part of everyone's lives, but a lot of leaders never really attempt to understand what it really takes to put together an effective physical training pro-

gram. I am now in possession of such knowledge.

Recently, I had knee surgery and often go to the gym to get back in shape. I used to walk down the hall to the locker room and pass all these posters on the walls about yoga classes and spinning classes, never really paying any attention.

After completing Soldier 360°, I know there are some significant gains to trying something new and yoga is one of those things. I can use yoga and other core building exercises with my family.

I can honestly say that since I've attended Soldier 360°, my eyes are open. I'm seeing things around me that were only just "there" before.

I'm not naïve enough to believe that this course will change everyone's lives, but as a leader and senior noncommissioned officer, I feel that it is my duty to spread the word about this course to ensure that every NCO that I supervise, both now and in the future, attends this course. We need it!

The Soldier 360° Leader Comprehensive Fitness Course is a franchise that can be hosted in any community Armywide. Replicate this program at your home station to help the Soldiers in your community establish better relationships with local service providers.

For more on the course and other observations, activities and reflections, visit the Facebook page at www.facebook.com/Soldier360.



Courtesy photo

FREIHUNG, Germany — Pfc. Ian Shelton, with the 18th Combat Sustainment Support Battalion gets ready to compete in the "Beverage Slide" competition during the "Bavaria's Best Bavarians" competition, May 25. Shelton is a member of the Freihung German-American team that participated in the Bavarianwide competition.

The competition consisted of two 45-minute rounds in which contestants had to alternate between adults and children. Ultimately it was a little girl from the Freihung community that put them over the top.

Freihung was one of 24 towns selected to participate, and the strong showing by the German-American team qualified them to compete in the finals, June 4.

Entschuldigung

In the May 25 edition, page 1, "Hohenfels Soldier nabs prestigious award," the photo credit was improperly attributed. Spc. Eric Cabral was the photographer.

Was denkst du?

(What do you think?)

What is your favorite song to sing in the shower?

By Vilseck High School Sophomore Adrianna Sued



"Party in the U.S.A." by Miley Cyrus."

Pvt. Matt Bohrer
Echo Troop, 5th Cavalry Regiment, 172nd Infantry Brigade



"Go ahead and put me down for 'Tik Tok.'"

Pfc. Steven Davis
Echo Troop, 5th Cavalry Regiment, 172nd Infantry Brigade



"I make up my own songs."

Tesiaya Harris
Family Member
4 years old



"Mighty Wings."

Sgt. Pettus Howard
1st Squadron, 2nd Stryker Cavalry Regiment



"I sing 'I Believe I Can Fly.'"

Carolina Melchi
Family Member
USAG Grafenwoehr



Photo by Mariah St. John

Hitting the books. Delia Wilson, 16, organizes books at the Main Post library, May 25. Wilson spent the day learning the processes of running a library, a career path that appeals to the Vilseck High School sophomore as a “calm and quiet” future endeavor. “I’m interested in pursuing a career in becoming a librarian,” said Wilson, who shadowed librarian Joanne Ogreenc for the event.



Photo by Adrianna Sued

Students chase their shadows

Staff Report

GRAFENWOEHR, Germany — Fifteen students from Vilseck High School’s AVID class (Advancement Via Individual Determination) took a day off from school and went to work as part of Job Shadow Day, May 25.

Students shadowed Soldiers and garrison employees at several locations including AFN, Child Youth and School Services, the Tower Inn and both libraries. In many cases the employees learned as much as the students.

Sophomores Melissa Morris, Mariah St. John, and Adrianna Sued shadowed three employees at the *Bavarian News* and were thrown right into the mix. Besides learning about the newspaper layout, photography, Associated Press writing style, deadlines and unforgiving editors, each interviewed and photographed a counterpart “shadowee” student at a different location, and interacted with local community members to find out what they thought about current events.

The “Was Denkst Du?” section on the opposing page was produced by Sued, and St. John’s and Morris’ “Was Denkst Du” questions and answers will appear in the next two editions of the *Bavarian News*.



Photo by Melissa Morris

Letter of the law. Left: Freshmen Nyla Dwiggins and Jalyssa Florez discuss wills and notarizing documents with Office of the Staff Judge Advocate’s Jess Hofberger, an administrative law attorney (left), Staff Sgt. Jaclyn Irion, a paralegal noncommissioned officer, and Brad Huestis, chief of Client Services, during a 172nd Infantry Brigade predeployment brief, May 25.

When asked about their day, Florez said the experience was more fun than she thought it would be. “Kevin’s dad (Huestis) is cool,” Dwiggins said. The girls had a lot of fun and finished the day by helping to prepare a case.

Staying on track. Vilseck High School freshman Haley Downs listens as Serge Kears, chief of the garrison’s Sports and Fitness Operations, discusses the features of the track outside the Main Post Fitness Center. Downs spent the day learning about different aspects of the gym, meeting staff members and seeing what a typical day is like for Kears. She especially enjoyed her tour around the gym. Downs found her time with Kears exciting and said this was “something I could see myself doing.”

Scouts pay tribute at Normandy

Over 3,000 Scouts line Normandy’s beaches to honor, remember D-Day

By Mark Iacampo
USAG Hohenfels Public Affairs

HOHENFELS, Germany — Members of Hohenfels’ Boy Scout Troop 303 and Cub Scout Pack 303 joined Scouts from around the world on the beaches at Normandy to pay tribute to the heroes who fought and died for freedom during the D-Day invasion of June 6, 1944.

As part of a project with UNESCO in support of having the landing beaches declared a World Heritage site, more than 3,000 participants lined up on the beaches with green placards and spelled out “Normandy, land of liberty.”

“All of us wore the Bleuet, the French symbol of remembrance,” said Scout master Kirstin Reed. “We’re (Boy Scouts of America) very important for keeping the memory alive. It’s a pilgrimage the Scouts do every three years.”

Reed said the Scouts were impressed with how far the beach stretched and the courage of the men who had to cross that distance in the face of tremendous opposition.

“There was a lot of time where we were just calmed into silence,” said Reed. “There were a lot of quiet conversations, a lot less horsing around. They really got it.”

Scout Kacey Joyner said this really put things in perspective for him.

“At one point all the Scouts ... about 3,000 were gathered at Omaha Beach. We were told that about that many Soldiers died in the first 30 minutes,” Joyner said. “I can’t even comprehend the sacrifice that was given.”



Photo by Kirstin Reed

Boy Scouts from Troop 303 walk in the steps of history during a visit to Normandy, recently.

During the closing ceremonies at the American Cemetery, each Scout troop laid a set of flowers at the head of the reflecting pool. Afterward, visitors could lay individual flowers at specific graves.

“Col. Dan Barnett (Joint Multinational Readiness Center deputy commander) and his son Patrick went around and found members of his infantry and laid a flower,” said Reed. She mentioned that the Scouts were truly moved by the experience.

“This wasn’t like Memorial Day where we just lay a wreath, we were actually laying these flowers at the feet of these men who had done this (battle),” she said.

Other activities included a boat tour, hiking and a visit to the cliff-side fortifications of Point de Hoc.

“That’s where the Rangers shimmied up these cliffs basically by their fingernails and sheer will to take that position,” Reed said.

Reed added that Scouting with military members always adds to the overall experience.

“You always have some-

one who knows a lot about one of the things you’re doing,” she said. “In the military, these battles are legendary, so all the officers are fully indoctrinated.”

Joyner said while the Scouts were there, a French national approached him and said, “Thank you, America. Thank you for making us free.”

“I had no idea how to reply to that,” said Joyner.

The Hohenfels Community and Spouses Club provided a generous donation to help fund the trip and supported the transportation and admission costs, Reed said.

“Thanks to them, every single Scout who wanted to go, regardless of their family income, they went,” she added.

Besides an opportunity to visit a historic battlefield, many of the Scouts brought back lessons that will last a lifetime.

“I have a new outlook on D-Day,” said Joyner. “Men that were once strangers from different worlds became friends all in a fight against tyranny. I hope it is a friendship that will last for ages.”

A Scout’s perspective

By Clinton Schwartz
Special to the Bavarian News

I’ve been a Scout for seven years now and I have never experienced anything like Normandy. At first, it seemed like some old beach where another battle had taken place, but my feelings began to change when I met a French soldier from D-Day.



A few remaining D-Day veterans were circling around the beach in old Jeeps from World War II. The veterans looked different than most elderly people. They looked proud and strong, even at an old age. They knew what kind of impact they’d had on the modern world. They had a look in their eyes that most people don’t have. I’ve seen that same look in some of the Soldiers today after fighting in Afghanistan.

Later that day, we visited the cemetery in Normandy. As taps played, the hundreds of people in the cemetery went silent. Just listening to it and seeing the fields and fields of graves all right next to each other sent a chill down my spine. I felt proud to be an American. I knew that if it hadn’t been for the sacrifice of these men, the United States might be very different today.

Even though over 60 years have passed, it’s important to remember each Soldier and what they did for us. They are more than just a part of history. They were people just like those who are fighting in Afghanistan right now. We must continue to pay respect to them as new generations are born and live in this free world.

See BOY SCOUT, page 17

Schweinfurt honors fallen veterans

By Charles Stadlander
USAG Schweinfurt Public Affairs

SCHWEINFURT, Germany — Members of the community here gathered beneath the towering flagpole at Conn Barracks, May 26, for a ceremony commemorating Memorial Day, the traditional day of remembrance for those who have died while in military service.

The event was hosted by the Schweinfurt chapter of Veterans of Foreign Wars, whose current commander is Tim O’Brien. “Nobody else in Europe put on a ceremony as great as this one,” said O’Brien. He said that this is the sixth annual ceremony the organized by the Schweinfurt VFW, which has nearly 1,000 members.

The guest of honor at the ceremony was the NATO Army Brigade’s Command Sgt. Maj. Mark Schindler. He stressed the universal honor of those who volunteer to serve their country, and urged them to be just as noble in remembering their fallen comrades.

“We’re all Soldiers here,” he said to the troops among the crowd gathered before him. “Regardless of time served or rank, it isn’t what we’ve done in the past, it’s what we’re about to do.”

“The world we live in today is a sound byte culture,” he went on. “The men and women who have died for their country deserve more than a 20-second sound byte. Their stories are worth retelling.”

Among the seated guests of honor were also several

retirees who live in the Schweinfurt area. Billy Barber now lives in Kitzingen and served at Schweinfurt in the 1960s with the 3rd Infantry Division.

“It’s real important that the community takes the time to do this,” said Barber. “I love that they still find a way to recognize the fallen.”

“Celebrating here is no different than being in the U.S.,” he added. “Of course,” he said with a chuckle, “there aren’t as many Americans around. But I still love it.”

As with all Memorial Day celebrations, the mood was a mixture of serious remembrance and joyous togetherness. Following the solemn ceremony, attendees lined up for a free barbecue lunch and kids’ carnival attractions, and then suited up for a community softball tournament.

“We celebrate the memory of the dead by nourishing the happiness of the living,” said Mary Ritzmann of the VFW Women’s Auxiliary.

But the most impassioned remarks of the day came from the VFW commander during the ceremony, as he stated a case for the importance of the holiday, which is federally recognized May 30.

“Do most nonveterans recognize the importance of remembering those we lost in combat?” asked O’Brien. “Their sacrifice is meaningless without remembrance. With two wars underway, the public has no excuse not to remember. It’s our national debt.”

Garrison's Community Huddle goes viral

Story and photo by
Molly Hayden
Staff Writer

GRAFENWOEHR, Germany — More than 70 military leaders, Soldiers, family and community members gathered at the Tower View Restaurant, May 26, for the monthly Community Huddle. In addition to those in attendance, others tuned in from remote locations on the Grafenwoehr Facebook page, providing a new outlet for members to discuss issues pertaining to the community.

This is the second month community members voiced their opinion or posed questions to garrison leadership via Facebook.

Col. Vann Smiley, U.S. Army Garrison Grafenwoehr commander, facilitated the meeting and said the new Facebook feature was “an effort to capture our whole community.”

Two large screens projecting the Facebook page allowed audience members to examine the new technology firsthand.

The meeting continued in normal fashion as subject matter experts addressed the crowd one by one, discussing upcoming host nation events and important information regarding the installation.

Community members tuning in via Facebook received minute-by-minute updates on topics discussed.

Tank Trail

J.P. Meier, garrison safety director, announced the opening of the tank trail, Vilseck-Roethelweiher Strasse, connecting Main Post Gate 4 and Rose Barracks Gate 2, explaining the rules of the road and important safety measures when using the trail.

“There is a lot of wildlife on this road,” said Meier. “It is important to use caution and be vigilant when driving, especially at night.”



Col. Vann Smiley, U.S. Army Garrison Grafenwoehr commander, checks community member comments on the garrison's Facebook page during the May 26 Community Huddle meeting.

The road is open to privately owned vehicles between the hours of 5:30 a.m. and 9 p.m.

Army Community Service director Jolly Miller spoke of the success of the ACS's “Welcome Home Squad” as they greeted more than 1,300 Single Soldiers while attending 14 welcome home events.

English as a second language class is coming back to ACS and an upcoming Soldier 360 course designed for spouses will be available as well.

Lisa Laliberte, customer service officer and management and program analyst for the garrison's Plans, Analysis and Integration division, informed community members that all services including TKS and Vodaphone can be rated using the Interactive Customer Evaluation, or ICE system. A direct link to this service is available on the USAG Grafenwoehr

homepage.

Additionally, Laliberte provided issue tracker updates, stating many issues pertaining to housing areas have been resolved including the cleanup of playground graffiti in the Schwarzenbach Housing Area and a desired shuttle bus service to Weiherhammer, set to begin as early as July 1.

The 172nd Infantry Brigade invited Soldiers and family members to the upcoming Blackhawk Rendezvous, June 11, at the Main Post Fitness Center parking lot. While the event will host battalion versus battalion sporting events, it is open to the community and friends of the Blackhawks. Food vendors and community agencies will be available and attendees will enjoy a bonfire, music, games and more.

The Exchange is rethinking its purchasing practices thanks to high school students voicing opinions

on the lack of fashionable and age-appropriate clothing available at the PX. Young hipsters should see a new line of apparel available soon.

The huddle continued with a question-and-answer session as audience members spoke to subject matter experts regarding community issues.

Private rentals

Family members addressed their concerns regarding high rental prices off post, stating they feel they were being taken advantage of. The housing department is currently reviewing the issue and Smiley said he has and will continue to meet with the council of mayors to help negotiate fair rent prices in private rental homes.

Questions from remote users were also addressed and once a resolution was found, a reply was made.

Nick Fernandez wrote in remotely asking if there were plans for a Main Post dog park.

Jeff Darrow, chief of operations and maintenance, USAG Grafenwoehr Directorate of Public Works, stated the park, located in the housing area off of Shiloh Avenue, will open within six weeks.

Tiff'nni Bell asked for an update on the fence issue for Gmuend housing. A reply was sent stating the Gmuend leased housing manager has been contacted and the housing department has sent an inspector to the area.

Tammy Leday signed the Facebook page expressing her gratitude for new online service saying, “Thank you for making this available to us.”

As the meeting ended, Smiley reminded the community he was just an e-mail away, and directed them to the “Tell the Commander” link located at the top of the USAG Grafenwoehr website, stating all questions and concerns would receive a response within 24 hours.



Lt. Col. Wright, left in Stetson, receives the colors marking his assumption of command of the 1st Squadron, 91st Cavalry Regiment. The 1-91st welcomed new leadership on Conn Barracks, May 26, as Lt. Col. Paul Fellingner passed command to Wright.

Airborne Cavalry changes hands

Story and photo by
Nathan Van Schaik
USAG Schweinfurt Public Affairs

SCHWEINFURT, Germany — The military community here and troopers with 1st Squadron, 91st Cavalry Regiment, welcomed new leadership on Conn Barracks as Lt. Col. Paul Fellingner passed command to Lt. Col. Whit Wright, May 26.

A beaming sun, warm spring air and the beat of the Schweinfurt Middle School band welcomed in the new commander who now has to fill the big shoes of outgoing Fellingner.

During the squadron's last deployment to Afghanistan under the command of Fellingner, the 1-91st executed more than 80 named operations, conducted over 150 air assaults, cleared over 10,000 miles and detained over 350 insurgents.

“Paul was responsible for serving in both traditional and nontraditional cavalry roles,” marveled 173rd Airborne Brigade Commander Col. Kyle Lear, who was also in attendance. The 1-91st falls under the leadership of the 173rd based in Vicenza, Italy. “Fellinger and his team were responsible for a full range of counterinsurgency operations including clearing insurgent strongholds, holding key terrain, building Afghan institutions and strengthening the rule of law.”

“Standing before you and sitting amongst you are the best our nation has to offer,” said Fellingner moments after relinquishing command, shifting accomplishments to his former Soldiers. “They come from all walks of life, but all have one thing in common: to me they are all heroes.”

Wright assumes command with an impeccable record and a respectable past to boot.

Wright graduated and received his commission from Duke University. He has served with the 3rd Infantry Division, the 82nd Airborne Division, the 505th Parachute Infantry Regiment and the 3rd Squadron, 73rd Cavalry Regiment. He deployed to Afghanistan in 2002 in support of Operation Enduring Freedom and again in 2003 in support of Iraqi Freedom. Wright is married and together he and his wife have two daughters.

“You’ve earned great respect and I am humbled and honored to join your ranks,” said the new commander. “I know we are in for quite a ride over the next couple of years. I’m excited to get after it.”

The 1-91 Cav. Regt. — which traces its roots to 1928 and to the 91st Reconnaissance Squadron that fought in Northern Africa during World War II — landed in Schweinfurt in June 2006 assigned to the 173rd Airborne Brigade. Organized as Task Force Saber, 1-91 Cav. Regt. has subsequently deployed twice to Afghanistan.

The 1-91st returned this past fall from a one-year deployment to Afghanistan where their mission involved securing the populace and expanding governance.



Motorcyclists from the Schweinfurt military community line up on the Conn Airfield for an exercise in controlled emergency braking. The exercise was part of a daylong safety refresher course to kick off the warm-weather motorcycling season that culminated in a two hour group ride through the nearby Rhoen Mountains.

Bikers saddle up for Safety Day

Story and photo by
Charles Stadlander
USAG Schweinfurt Public Affairs

SCHWEINFURT, Germany — The community here lived up to the name “Schweinfurt” by rolling out a bunch of growling hogs on May 3 at Conn Airfield. The riders of the hogs — Harley-Davidsons, naturally — and other motorcyclists gathered for a day of safety instruction and two-wheeler camaraderie hosted by USAG Schweinfurt's Safety Office and an instructional team from Kaiserslautern.

Twenty-seven riders showed up, and they crisscrossed the runway at the airfield under dazzling blue skies. “The purpose of the day is get riders refreshed about safe driving techniques for the start of the season,” said one of the instructors. Exercises included obstacle avoidance, negotiating a tight circle and a controlled emergency stop from 50 kph.

After the requisite safety instruction in the morning, the crew broke for a barbecue lunch facilitated by Schweinfurt's MWR team.

“Those were good lessons,

now let's go eat some bratwurst,” said garrison safety director Edi Sauer. The leather-clad students were all too happy to oblige.

In typical biker fashion, the gang was lively and full of individuality. Its array of clothing was a veritable fashion show of head-to-toe leather and knotted bandanas, with each outfit customized to a unique biker style. Retired Lt. Col. Jenny Dietrich roared up on a Harley complete with a pink glitter sticker and a pair of flags trailing from the bike's rear — one Bavarian checkerboard, one American stars and stripes.

Riders shared stories of local Franconian motorcycle routes and tips and tricks for piloting a motorcycle in the area.

“You should get up on that high road through the Rhoen mountains,” said attendee Steve Watts. “It's beautiful, but you'd better watch out for those potholes and gravel.”

Safety officials on hand confirmed some of the roads around here may be a little worse for wear after the hard winter brought salt and plows repeatedly to local asphalt.

In the end, the sheer glee of riding became the common ground for the diverse crew of retirees, civilian employees and Soldiers.

“You ever been out towards Hammelburg?” asked one biker to another during the lunch break. “You get down on the road that drops through the forest, and whooshing through the trees. There's nothing better.”

Someone nearby piped up with a dissenting opinion. “You mean that part of the road where the leaves block out the sun? I'm shivering every time I ride through there!”

The bikers received a visit from the garrison commander and were presented certificates of safety course completion. With bikes fueled up by gasoline and riders by German sausage, everyone saddled up for a celebratory two-hour group ride in a loop to the north of here. The sun was overhead and a crisp wind was against their leather jackets as Schweinfurt's two-wheeled road patrol thundered out of Conn Barracks, ready for the upcoming German summer of riding.

AFN Europe is moving to new satellite

By **George A. Smith**
AFN Europe Public Affairs

AFN's satellite delivery platform is changing, requiring viewers who have an AFN decoder and satellite dish in their home to make some changes by July 31 to continue to get AFN TV.

“We know this change will inconvenience folks,” said AFN Europe Commander Bill Bigelow, “But we're doing all we can to help viewers make the necessary adjustments. We've set up a toll-free help desk, online manuals, and how-to videos to try and facilitate a smooth transition to the new satellite.”

The AFN Help Desk will be manned Tuesday-Friday, from 1-9 p.m. and Saturday from 10 a.m.-8 p.m. (Central European Time) until July 31. Viewers from Germany, Italy, Belgium, the UK and most other European countries will be able to call in via a toll-free number, 00800-2362683662 (00800-afnantenna).

Since the process of setting up a dish and readjusting a decoder varies according to decoder model, location and other variables, the help desk and on-line materials are especially critical. AFN Europe has posted manuals and how-to-videos in English, German and Italian at www.afneurope.net. Click on the Eurobird 9A icon for the manuals and videos.

Direct-to-home viewers will need to reconfigure their home decoder and realign their satellite dish from the current satellite Hotbird 6/9 at 13 degrees east, to the new satellite, Eurobird 9A (EB9A) at 9 degrees east.

The move to the EB9A satellite positions AFN to better serve the audience in the future. If you have questions about whether this satellite change affects you, visit www.afneurope.net or call the AFN Help Desk.



Photo by Sgt. Eugene Brown

Regimental Command Sgt. Maj. Sultan A. Muhammed addresses the audience following the ceremony where Sgt. 1st Class Chasity C. Bingley and Staff Sgt. Herman Bingley were honored for service as U.S. Army Ordnance Soldiers.

7th Army NCOA Soldiers honored

By Sgt. Ebonie Rouser
7th Army Noncommissioned Officer Academy

GRAFENWOEHR, Germany — Sgt. 1st Class Chasity C. Bingley and Staff Sgt. Herman Bingley stand proudly among their regimental leaders after receiving the Samuel Sharpe award from the U.S. Army Ordnance Corp Association. The NCOs received the award after serving over 10 years

providing exemplary leadership, invaluable guidance and superior knowledge in maintenance and training.

The Samuel Sharpe Award is named for one of a council of 13 freemen who presided over the Massachusetts Bay colonies in the 1600s. Samuel Sharpe was appointed as “Master Gunner of Ordnance” by the colonial authority to care for shot, powder and other essential supplies. Ac-

cording to the Ordnance Corps Association, the award honors those “whose selfless contributions to the Corps stand out in the eyes of their seniors, peers and subordinates alike.”

Regimental Command Sgt. Maj. Sultan A. Muhammed addressed the audience following the award ceremony.

“This award is only given to those who are the epitome of what an Ordnance NCO should be,” he said.

Bayern Rangers reunited



Courtesy photo

WEIDEN, Germany — The Bayern Rangers ice hockey team is hosting a free inline hockey tourney Monday, June 20.

The format will be 4-on-4 with two 10-minute periods. Registration and warm-ups will be from 11 a.m.-noon, and the tournament will run from noon-3 p.m.

The VFW Tower Post 10692 is sponsoring the tournament to welcome back the 2nd Stryker Cavalry Regiment players and to farewell our 172nd Infantry Brigade players. This tournament will reunite the Bayern Ranger founding team members.

The event is ready for family, friends and fans with open patios overlooking the rink. The rink is located at Dr. Martin Luther Strasse 3, 92637 Weiden. For more, visit the Bayern Rangers’ page on Facebook.



Check local community newsletters and calendars to see how the Army’s Birthday is being celebrated. See related article below.

What’s Happening

Garmisch Briefs

ACS gatherings

Monday
Gruess Gott Garmisch Group meets at 9:30 a.m. the first Monday of the month at the Pete Burke Center.

M.o.M’s Group (Move on Monday): 10:15-11:45 a.m.

Money Mondays: 11:30 a.m.-1 p.m. the second Monday of the month

Tuesday
Playgroup: 10-11:30 a.m. at the Garmisch Chapel

Conversational German: 9:30-11 a.m.

Wednesday
Career Corner: 1-2:30 p.m. first Wednesday of the month

Thursday
Newcomers Community Services Briefing 8:30-11:30 a.m. the second Thursday of the month. Contact ACS to sign up by Tuesday prior to the briefing.

German Customs and Culture Class: 1-3:30 p.m. the second Thursday of the month. Contact ACS to sign up by Tuesday prior to the class.

Stress and Anger Management Class every second Thursday from noon-1 p.m.

Unless noted all ACS activities take place or meet at the Garmisch ACS Center (Artillery Kaserne, Bldg 203). For more, contact your ACS staff at DSN 440-3777, CIV 08821-750-3777, or e-mail them at Garmisch.FMWRacs@eur.army.mil.

Graf/Rose Barracks Briefs

236th Army Birthday

June 9: U.S. Army Europe will host a Spiritual Fitness Breakfast in honor of the Army’s 236th birthday, June 9, from 7-8:30 a.m., at the Casablanca Room in Bldg. 31 on Campbell Barracks in Heidelberg. This special event is a celebration of the spirit and soul of our Army. There is no cost, but voluntary donations will be accepted at the door.

Reservations are required. Call the USAREUR Chaplain’s Office at DSN 730-7385 or e-mail Jennifer.Goltz1@eur.army.mil.

June 14: USAG Grafenwoehr and JMTC will host a 236th Birthday Celebration at noon in the Main Post Dining Facility, Bldg. 101. The event is open to the community, and the birthday cake will be distributed to all Soldiers, family members and civilians present.

The DFAC will be open for lunch from 11:30 a.m. to 1 p.m. and features lobster tail, steak, shrimp, chicken, BBQ ribs, turkey and other selections. The cost for lunch that day will be \$5.95 for spouses and dependents of specialists and below and \$7 for all others.

Blackhawk Rendezvous

June 11: The Grafenwoehr military community is invited to attend the 172nd Separate Infantry Brigade’s color casing ceremony on the Main Post parade field at 10 a.m. This important tradition marks their readiness for their upcoming deployment to Afghanistan.

Following the ceremony, there will be an assortment of food and fun activities and programs around the Main Post Fitness Center, including: Children’s activities and adult sporting events kick off, 10:30 a.m.; Pres-sath Marching Band, 11 a.m.; Eschenbach Band performance, 2 p.m.; Awards ceremony / eg-tapping ceremony, 5 p.m.; and the bonfire, 7 p.m.

Car Boot Sale

June 11: Rose Barracks Library parking lot, 9 a.m., setup 8 a.m.

June 18: Main Post library parking lot, 9 a.m., setup 8 a.m. Yeah! Its spring and time for the Library Car Boot Sale! Bring your items to sell, or browse for great deal. This fun and thrifty event is open to ID cardholders and choice selling spots are assigned on a first-registered, first-served basis.

Registration for sales spots will begin on June 1 and the forms must be filled out in person at one of the library locations – sales spaces are limited.

Amberg American Day

June 25: The City of Amberg is hosting an American Day to demonstrate its relationship with the American Soldiers and families stationed at Vilseck, Grafenwoehr and Hohenfels. Traditional Bavarian and American performances will blend together creating an atmosphere for all to enjoy. Festivities run from 10 a.m. to 4 p.m.

Army Ten Miler

July 9: Main Post Grafenwoehr Physical Fitness Center. Open to U.S. ID cardholders - active duty military, DoD civilians and family members 18 years and older. The top six male and female Army runners will represent Army Europe at the Army Ten Miler Race in Washington D.C. on Oct. 9.

For more, USAG Grafenwoehr Community Recreation, DSN 475-8207, CIV 09641-83-8207 or www.armytenmiler.com.

POV inspection hours

Through June 30: The POV inspection, Bldg. 301, opening hours will be extended by one hour and will remain open during lunch time. New opening hours will be: Mon to Fri 7:15 a.m. to 4:45 p.m. (open during lunch). The station will be closed on the following German holidays June 13, 23 and 24 June.

Soccer officials clinic

Ansbach, Germany and Vicenza, Italy, will host this year’s soccer official clinics for new and experienced officials.

The Ansbach will be at the Von Steuben Community Activity Center, June 14-18. Vicenza will conduct its clinic June 21-25, at the Kaserne Ederle Fitness Center.

The clinic will train students to become officials and officials trainers for military, CYSS, DODDS matches. Attendees will learn field mechanics, current rules, points of emphasis and discuss changes.

The clinic will culminate with a written test and practical examination. Examination matches are scheduled on Saturday.

To register for Germany, contact Angela Flowers at DSN 379-7667, 06202-80-6572 or e-mail Anglea.Flowers@us.army.mil.

Hohenfels Briefs

Combatives

June 24-25: All Soldiers assigned to U.S. Army units in Bavaria are encouraged to register and compete in the 2011 Bavarian Open Combatives Competition sponsored by the Hohenfels Military Community June 24-25.

Registration must be completed and sent to james.n.boston@eur.army.mil no later than June 21. Find the required forms on the JMRC Facebook page or http://tinyurl.com/394xqt9 and sign up today.

Chiemsee Castle tour

June 11: Tour the largest, most expensive and final castle of Ludwig II. Located on an island in the middle of the Chiemsee, Bavaria’s largest lake, 60 km south east of Munich, Herrenchiemsee Palace is a site not to be missed.

The bus will take you to the port where you can choose one of the three tour packages with a cost of €5-20 per person. Bus will depart Hohenfels from ODR, Bldg. H15, at 4 a.m. and return to Hohenfels at midnight. Price includes transportation to and from Chiemsee. Cost is \$59 per person.

Europa Park

June 17: Join the Youth Center on their day of fun at Europa Park. Open to CYSS registered youth in grades 7-12, the cost of the trip is \$40, which includes transportation and park entry. Bring extra money for food and souvenirs. Sign up before June 10. Space is limited to the first 40 people to register. For more, DSN 466-4492/2080.

Summer reading

June 16: Don’t miss out on the summer reading program, “A Midsummer Knight’s Read.” From June 16 to July 28, children between the ages of birth and 17 years are invited to stop by the library to sign up for this program and begin their reading journey. Along the way, they’ll pick up treasures and win prizes as they read their way through the summer. Call DSN 466-1740 for

more information.

Legoland

June 25: Join ODR/ITR on an exciting and adventurous day to Legoland! There is something for all ages to enjoy with countless attractions, fascinating shows and special adventures. Bus will depart Hohenfels from the Outdoor Recreation Center (bldg. H15) at 7 a.m. and return to Hohenfels at 10 p.m. Cost is \$79 per person. Must sign up by June 17 to confirm seat.

Price includes transportation to and from Legoland and admission. Seating is limited, call to reserve yours today. You may also visit our website, https://webtrac.mwr.army.mil/webtrac/hohenfelsrectrac.html to sign up and pay for your trip. For more information call DSN 466-2060 or commercial 09742 83 2060.

Crafts classes

Hohenfels Arts and Crafts is offering a whole new batch of fun and interesting classes suitable for crafty people of all ages. Call DSN 466-2538 for more information or to sign up for any of the following activities. Open hours are Tuesday, Wednesday and Friday 11 a.m. to 5 p.m.; Thursday noon to 7 p.m. and Saturday 9 a.m. to 1 p.m.

June 16: Fabric Photo Album, 5-7 p.m., \$20 per person.

June 25: Finger Knitting, 11 a.m. to noon, \$10 per person.

School outprocessing

Families that are PCSing are required out process through the school. Contact the schools Registrar as soon as possible if a PCS move is in your future. For more, call Carol Stone at the Middle/High School at DSN 466-3162 or Jacqueline Moses at the Elementary School at DSN 466-2829 from 8:30 a.m.-3:30 p.m.

Schweinfurt Briefs

Conn DFAC switch

Beginning Mon, May 13 the Dining Facility on Conn Barracks will change buildings. The current consolidated building will close for repairs, and the new Conn dining location will be in Bldg. 167, the old Black Talons location. This

change will be in effect until the end of September.

ODR hiking trip

Leaving Fri, June 17 at 5 a.m., this three day hike takes you high into the mountains above Garmisch. Cost per person is \$149, which includes transportation, two nights lodging with breakfast and dinner, climbing gear and guide. Bring Euros for personal expenses. To sign up, contact Outdoor Recreation at DSN 353-8080, CIV 09721-96-8080.

Community Right Arm

Right Arm events, the old Army custom of spending an evening after work with ‘right hand’ folks who make the mission happen. June’s edition happens on Wed, June 22 from 4-6 p.m. at the Conn Club and Pavilion. Make sure you show up to sip, snack and socialize. For more info, call the Family & MWR Business Operations Chief, DSN 354-6186, CIV 09721-96-6186.

Golf tournament

Tea up on Sat, June 18 at 8:15 a.m. at nearby Loeffelsterz Golfplatz. Cost is €30 (no U.S. dollars accepted). Registration deadline is Fri, June 17 at either the Finney fitness center or the golf course itself. Day-of registration, possible start at 7:30 a.m. Competition consists of four-golfer teams playing 18 holes. Scores are not calculated using handicaps. Tournament limited to 72 players/18 teams.

Players must be U.S. ID cardholders age 18+ and have their own clubs and golf balls. For more, visit Finney fitness center or call DSN 353-8234, CIV 09721-96-8234.

Newcomer Meet-Up

This brand new sponsorship initiative meets every Tuesday, 10 a.m. at the Conn Club (next to the Bradley Inn). The program links up incoming spouses with seasoned Schweinfurt residents, offering the warm welcome our community is known for.

Meet other spouses, learn about the community and get connected here in Schweinfurt. Coffee and refreshments are served, children are welcome.

For more information or to register, call ACS at DSN 354-6933, CIV 09721-96-6933.

PARIS C'EST LA VIE

Story and photo illustrations by
Nate Atwood
Special to the Bavarian News

PARIS — For many, Paris is a must-visit destination while they are living or traveling in Europe – and for good reason. The city is chalk-full of world-renowned monuments, museums, palaces and other attractions, which makes it one of the world’s top-ranked tourist destinations. Because of this popularity, it can be a bit daunting for the first time visitor to navigate this very large city and its numerous sites.

Getting there

There are numerous ways that one can travel to Paris. By far, the easiest and most hassle-free method from Bavaria is to fly from Nuremberg (NUE) to Paris’s main airport, Charles De Gaulle (CDG). Tickets can be had through Air France’s website for as little as \$130 roundtrip if booked at least a month in advance. If time allows, train travel and driving are alternatives to flying. However, both methods require anywhere from seven to nine hours of travel time and come with their own complications and costs.

Getting around

The beauty of flying to Paris lies in the fact that the Charles De Gaulle airport is directly connected to the extensive and easy-to-navigate Paris city train system (RER), which connects directly to the Paris Metro. Either of these will get you to where you need to go in the city, no matter where you are staying. Initially, it is cheapest to purchase ticket (about nine euros) from the airport for the RER B (blue) train line to get you into Paris proper. If you have arrived in Paris early in the day and plan on exploring the city, speak with a ticket vendor about procuring a 24-hour ticket that covers both Zone 6 and Zone 1. This will allow you to ride all public transportation options unhindered for the day. During your stay in Paris, it is likely that most of your traveling will be within Zone 1. Although there are a multitude of passes available that combine museum visits and transportation, it is often cheapest and easiest to simply buy a one day Zone 1 ticket (Ticket Mobilis) for about six euros. If you plan on making a trip to Versailles or another attraction outside of Zone 1, speak with a ticket agent about buying a ticket that covers just Zones 1 and 4 for that day.

Attractions and passes

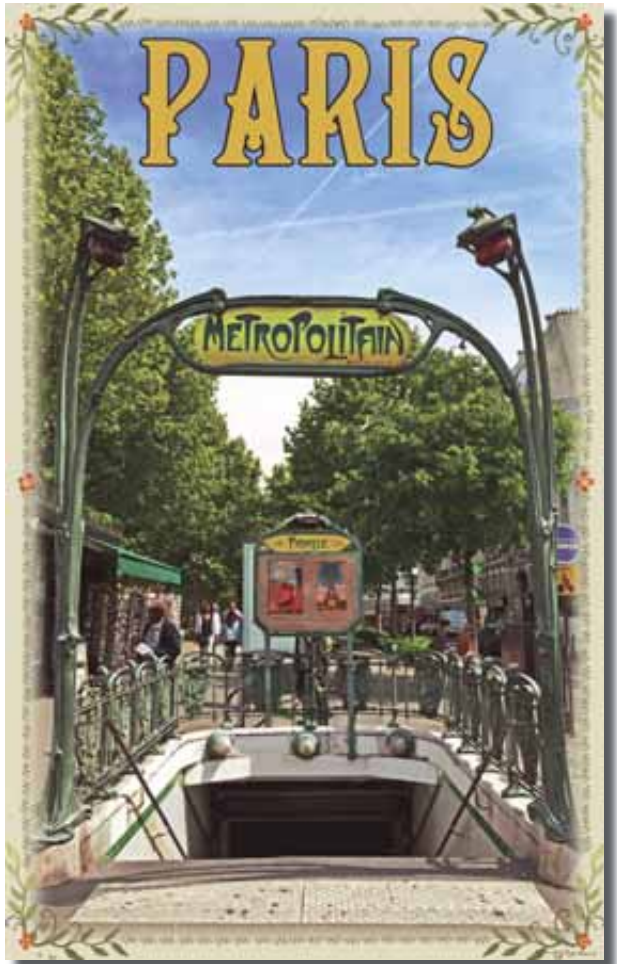
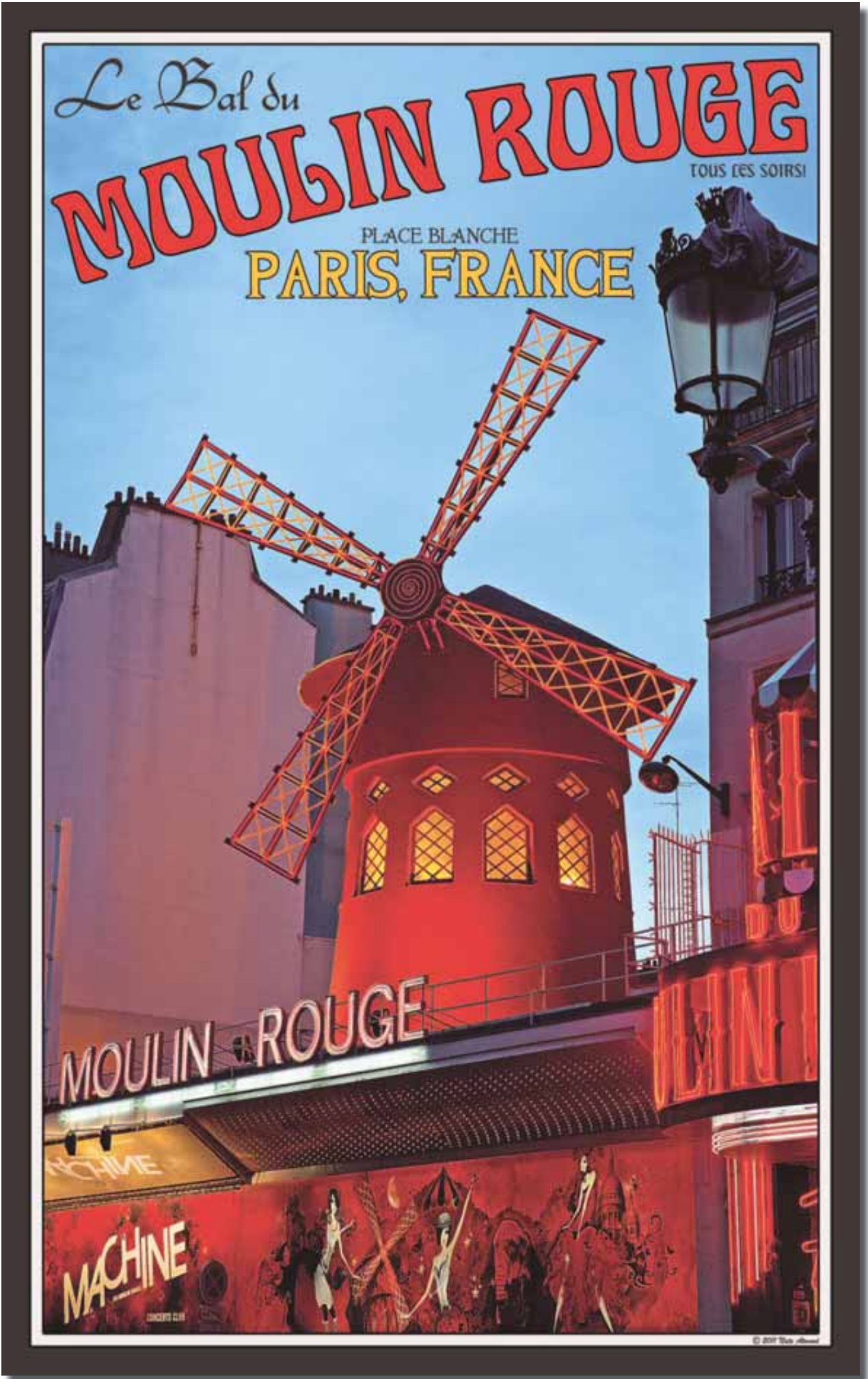
Paris is notorious for having long lines at its major tourist sites. If you’re ambitious and want to see as much as possible during your visit, consider purchasing a two or four day Paris Museum Pass (35 and 50 euros, respectively – cheaper if purchased at a kiosk in Paris, <http://en.parismuseumpass.com>). The pass covers over 60 museums and monuments in and around Paris, but best of all, allows one to skip the long lines at most attractions. Be aware that this pass does not cover the Eiffel Tower and does not allow for line skipping at Versailles. However, the pass is extremely useful at places such as The Louvre, Museum d’Orsay, Notre Dame and the Arc de Triomphe.

The Eiffel Tower

The iconic symbol of Paris that is a must-visit while in the city. For some, the horribly long lines, even to climb the stairs to the second level, can be a huge turnoff. However, there is a way around this. Although slightly more expensive, reservations to visit the Eiffel Tower can be purchased online for a predetermined date and time at www.tour-eiffel.com/preparing-your-visit/buying-your-tickets. This ticket enables you to skip the long lines, giving more time to take in the views of the city from the tower. It is best to book and print your tickets before leaving on your trip.

Beyond the attractions

Though it has its share, Paris is more than just flashy tourist attractions. The vibrant city is full of life and excitement, and each arrondissement (city district) offers something different to explore and experience. While in Paris, take some time to wander the streets and alleyways, taking in the smells of fresh-baked bread and pastries. Relax at a cafe and sample a Parisian cappuccino or espresso and watch the city in action. Enjoy a leisurely stroll through the fascinating and peaceful Pere La Chaise cemetery, the burial place of a number of famous people including Oscar Wilde and Jim Morrison of “The Doors.” Book a dinner cruise on the Seine River or pack a picnic and enjoy an evening on the Champ de Mars watching Eiffel Tower light show. Whatever you choose to do, Paris will not disappoint.



Oak trees can house pesky pests

Processionary moth caterpillars can cause significant health problems

By Europe Regional Medical Command
News Release

HEIDELBERG, Germany — Last summer it hit Aukamm Housing in Wiesbaden. One family had to be moved from their apartment because of severe skin reactions. It started on a warm spring day, after the family had been out on the terrace.

The family consulted a physician and subsequently had to be moved into a hotel for 20 days. The terrace, house interior and all family clothing were professionally cleaned. PHCR-Europe took air samples. Trees in Aukamm Housing were inspected for processionary caterpillar activity.

"Hairs from Oak Processionary moth caterpillar contain thaumetopoein, a toxin that may cause a rash or, if inhaled, asthma," said Maj. Lesly Calix, chief, Medical and Veterinary Entomology Division at the U.S. Army Public Health Command Region – Europe.

That can happen if people touch the caterpillars or their cocoon-like nests (see picture), or if the hairs are blown by the wind into contact with people, she said.

The Oak Processionary caterpillar lives in oak trees. Larvae develop from overwintering eggs laid on high twig tips in the previous season. They hatch just in time when oaks start developing their leaves mid- to end of April.

"The first two larval instars



Close-ups of Oak Processionary larvae and moth. The hair of these caterpillars and their nests have been known to cause skin irritations and asthma.

do not produce the toxin. Problems arise later, when the larvae build prominent cocoons on the tree bark," said Calix. "The most common symptoms are an itchy rash and dermatitis, an inflammatory skin condition."

Once the larvae have developed the poisonous hairs, pesticide treatments are no longer effective. Only mechanical removal of the cocoons, larvae and hairs will alleviate the problem.

The rash may consist of flat discolorations or raised bumps on the skin. If the caterpillar hairs come in contact with eyes or mouth, a person may develop conjunctivitis (red eyes, sticky discharge, and inflammation of the eye) and/or irritation to the throat/airway.

Itching typically begins 2-12 hours after exposure and the rash may be widely spread over the entire body.

The best way to prevent Oak Processionary caterpillar rash is to avoid infested trees.

"The hairs can only be seen under a microscope and so you will not notice them simply by

inspecting your clothing," Calix said.

Follow these tips to avoid caterpillar hairs:

- Do not touch caterpillars or nests.

- Do not try to remove nests by yourself. Call your local pest control shop.

- Do not play/picnic/walk under oak trees during peak infestation months (May-July).

- Do not wear short-sleeved clothing in the woods or walk in the under wood.

- When participating in outdoor activities, wear long clothing and a hat.

- Keep children away from caterpillars and nests.

If you get exposed to the oak caterpillar hairs, take a shower and wash your clothes immediately. Consult a physician in case severe symptoms develop.

If you experience rash-like symptoms or itching and over-the-counter remedies are not working, or are experiencing any other symptoms, make an appointment to see a health care provider.



Courtesy photos



Photo by Peter Zeisberger

Oak Processionary caterpillar nest on an oak tree.

Army going green with new procurement policy

By Jane Gervasoni
U.S. Army Public Health Command (Provisional)

Do you buy "green"?

The Army does. Buying green isn't just the latest marketing tool or fad. It's mandated by presidential executive orders all the way down to Army policy according to Pat Rippey, environmental scientist in the U.S. Army Public Health Command (Provisional) Army Institute of Public Health's Groundwater and Solid Waste Program.

The Army policy, Establishment of the Army Green Procurement Program, detailing buying green was developed was developed by Beth Martin, GWSW Program manager.

The Army Installation Green Procurement Guide, also authored by Martin, was issued last December as a policy alert by the Office

of the Deputy Assistant Secretary of the Army for Procurement.

The guide provides implementation guidance, explained Martin. It suggests responsibilities, contains information on finding green products, and assists contract developers in defining contract requirements that satisfy green procurement mandates and objectives.

Most people are not sure what green means, but Rippey explained that a green product provides environmental and/or health benefits over a traditional product.

"For example," she said, "a product may contain fewer hazardous ingredients, use materials extracted from the waste stream, or conserve resources. Some examples are biobased cleaning products, mercury-free medical devices, recycled-content paper and energy-efficient light bulbs."

Experts also said that buying

green is good for overall employee health.

"Occupational exposures can result from the use of hazardous materials and cleaners, and by purchasing green cleaners for use in appropriate areas of our hospitals, we may be able to prevent exposures and better protect our employees' health," according to Linda Baetz, Hazardous and Medical Waste Program manager.

"The Army Medical Command has established a headquarters sustainability team and is examining sustainability ideas; reducing energy use and switching to greener cleaning products are just two of the initiatives being investigated," explained Baetz. "Our role is to help by developing policy and guidelines to help installations and medical facilities make good choices."

"Green Procurement" refers to the federal programs that afford

designated products preferred procurement, and aligns well with the Army's triple bottom line of mission, community and environment, said Rippey.

"Choosing green products to replace hazardous or inefficient ones provides a healthier, more sustainable environment for Soldiers, civilians and their families," she continued.

The bottom line, according to Rippey, is that buying green means more time for the mission and a healthier place to live and work.



Stress relieved by practicing daily mindfulness

By Lisa Young
U.S. Army Public Health Command (Provisional)

Do the inevitable stresses of daily living leave you feeling like you are missing out on the joys of life? Would you be interested in learning how to slow down to enjoy life, moment by moment?

Since 1979 there has been a growing interest in what is called "mindfulness" practices. Mindfulness can be defined as a conscious, present-centered awareness in which each thought, feeling or sensation is purposefully acknowledged and accepted in the present moment with a nonjudgmental attitude of curiosity, openness and acceptance. Inspired by Buddhist teachings, there is nothing religious about mindfulness, and it can be practiced independent of religious or cultural influence.

Over the past 30 years, there has been an increase in the study of mindfulness. Current research suggests that mindfulness practices are useful in the treatment of pain, stress, anxiety, depression, disordered eating and addic-

tion. Most recent studies on mindfulness have looked at this new field as a psychological tool capable of stress reduction and the elevation of positive emotions.

Mindfulness has been used as treatment for post-traumatic stress disorder at Veterans Administration hospitals. U.S. Army Ranger Monty Reed stated in an interview for CNN that a therapy that incorporates mindfulness has helped him with the chronic pain, flashbacks and anger resulting from a parachute jump accident. He said, "Mindfulness is a belief system that I use to change my attitude toward bad things that happen to me, and that gives me control of the results or the outcome."

Mindfulness is also used to help patients with eating disorders, such as weight loss, binge eating, anorexia or bulimia. It teaches patients to focus on the present and eat food with purpose on purpose. The idea is to be aware of any judgments that occur with the eating process, release them, and concentrate on how the food tastes.

When used as a part of therapy for de-

pression and anxiety, psychotherapists have included mindfulness techniques to manage negative thought patterns. Some approaches are focusing on each inhale and exhale of breathing to gain a sense of control, or choosing to visualize a calming time or place that brings a sense of peace.

To experience a deeper sense of living in the moment, try some of the following simple mindfulness exercises like meditation, deep breathing, listening to music, observing your thoughts and journaling

Virtually any activity can be a mindfulness exercise if you bring a heightened sense of focus to what you are doing right then. Try it and find yourself less stressed and more grounded in the present moment.

For more information go to the National Center for Complementary and Alternative Medicine, <http://nccam.nih.gov/health/meditation/overview.htm>

Editor's Note: Lisa Young is a health educator with the U.S. Army Public Health Command (Provisional).

a shot of advice

By Lt. Col. Stephen Linck
BMEDDAC

Want your health-related question answered? Send an e-mail to brmc-pao@amedd.army.mil or post your question on our Facebook page at www.facebook.com/bmeddac. Your question may appear in the next edition of the *Bavarian News*.

Q: What do you think about the "toe shoes?" I've tried running in them and it kills my hamstrings. Is this really supposed to be better for me? And are they approved for PT?

Thank you,
Toed-up in Tanzfleck



Linck

A: Dear Toed-up,

Great question. I have a pair of toe-shoes I am still getting used to. I am not surprised you are sore after running in them. The current running fad is "minimalistic running." The theory is that feet evolved the way they did for a reason and running shoes mess with the natural design of the foot.

I am not sure I believe it, but it is an interesting hypothesis. What happens with toe shoes or other minimalistic designed shoes is they change how you run. With normal running shoes you tend to land on the heel and transition to the forefoot, or the ball of the foot. When running in minimalistic shoes you run almost completely on the forefoot, which in theory is supposedly more natural, according to the companies that make the shoes. The first time I ran in minimalistic shoes my shin muscles hurt for days because I was not used to running on my forefoot.

My command sergeant major told me I am not allowed to wear toe shoes with the Army Physical Fitness Uniform because I don't wear socks with toe-shoes. Army policy is that toe-shoes are not allowed when taking the Army Physical Fitness Test since they may allow an unfair advantage. That sounds like a reason to use them as far as I am concerned.

If you plan on transitioning to a minimalistic shoe take it easy until you get accustomed to running in them and make sure to stretch after running and properly cool down to prevent injuries.

Q: Will Tricare pay for things like Botox?

Respectfully,
Wrinkled in Wuerzburg

A: Dear Wrinkled,

As a general rule, Tricare does not pay for elective or cosmetic procedures. If you need treatment based on medical necessity they will pay. Let's say a neurologist diagnoses you with migraine headaches and recommends treating your headaches with Botox injections. In this case, they will most likely approve the procedure and pay because it is for the treatment of a medical condition.

Q: What's the difference between regular Coke, Diet Coke and Coke Zero? Which one is really the healthiest?

Thanks,
Addict in Amberg

A: Dear Addict,

Thanks for this question; you really made me do some research to find the answer. The real answer is Diet Coke is for women and Coke Zero is for men. Marketing suggests men are reluctant to buy Diet Coke because of the association with dieting and women and much of the marketing of Coke Zero is directed toward men and activities associated with masculinity.

Actually, Coke Zero is classic Coke but sweetened with a combination of aspartame and acesulfame potassium instead of sugar. Diet Coke is a completely different formula. Some of you may remember when Coke tried to release a new formula and public outcry made them go back to the classic formula. The conspiracy theory is that Diet Coke is that recipe sweetened with aspartame instead of sugar. As for which is healthiest, I can only ask, what is wrong with water?

If you need a shot of advice, e-mail your question to Lt. Col. Stephen Linck at brmc-pao@amedd.army.mil

Soldier 360° takes shape, adds physical training

Franchise concept makes program expandable

Story and photos by
Denver Makle
JMTC Public Affairs

GRAFENWOEHR, Germany — As drill sergeants at Initial Military Training schools introduce new Soldiers to the Army's Physical Readiness Training (PRT), Soldier 360°, a military leader development course offered exclusively in Europe, provides seasoned NCOs instruction on the new standards.

"Soldier 360° provides direct, hands-on training in all areas of health and wellness for military leaders," said Col. Mary S. Lopez, director of strategic initiatives for the Bavarian Medical Command. "We develop the NCOs' 'muscle memory' and provide them tools to identify, respond and manage physical, psychological, relationship, marital and financial challenges with their Soldiers. Everything we do is based on research and reflects cutting-edge approaches."

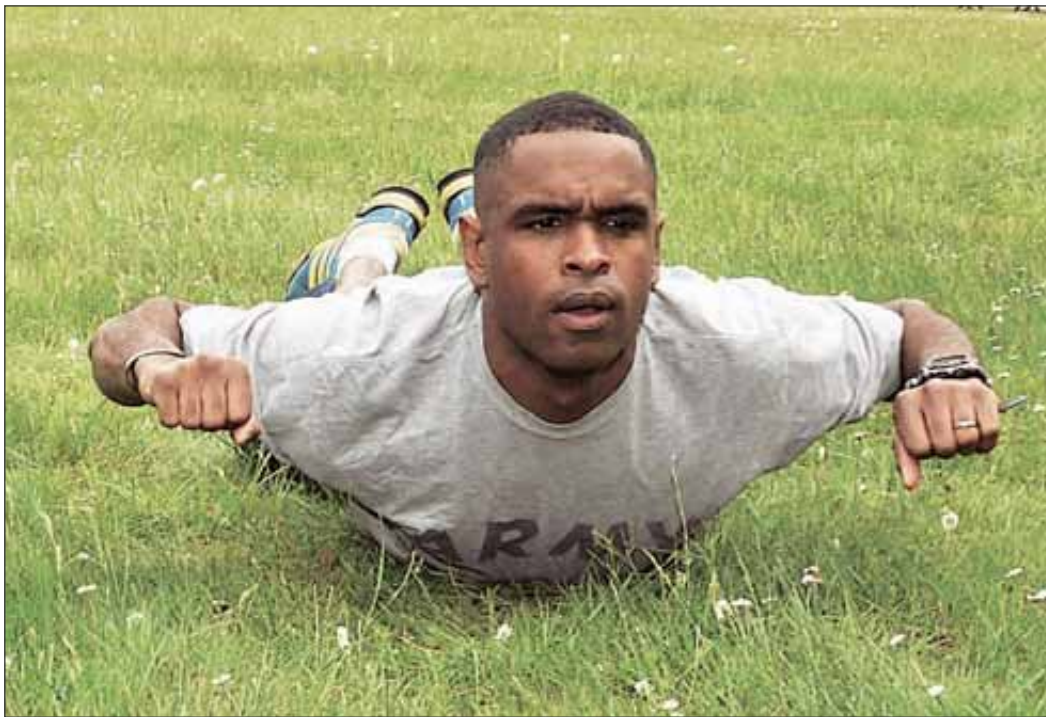
During the first week, the NCOs are removed from day-to-day work and home environments to receive instruction on pain and anger management and the "mindful" use of alcohol. Spouses are integrated during the second week to practice communication skills.

NCOs also receive instruction on stress management and resilience, and get extensive training on the Army's new PRT, which is supervised by Dr. Robin Baker, who has a clinical doctorate and is a licensed physical therapist. Baker, an Army spouse, works as part of the staff because of her expertise.

"Not only does the course teach them to be mentally and emotionally fit, we take the time each day to review different training aspects of the new PRT," said Baker. "The new PRT builds variety into the program, while helping to prevent injury and develop overall functional physical strength."

Lopez said Soldier 360° is a franchise concept.

"We are working on building courses in other communities to show Soldier 360° can be repli-



Staff Sgt. Phillip B. Caldwell of B Company, 2nd Battalion, 28th Infantry Regiment, at Grafenwoehr, Germany, demonstrates the Prone Row during PRT training.

cated anywhere," said Lopez. "The curriculum uses service providers and medical staff that are available in local programs and services."

Many of the Soldiers have already begun to use the new manuals during unit training.

"My unit is just switching over now, so it is helpful to get a refresher and get instruction from a physical therapist," said Staff Sgt. Phillip B. Caldwell of B Company, 2nd Battalion, 28th Infantry Regiment. "The workouts are intense."

Caldwell said his unit is not limited to just one-hour for morning PT. He said there is a workout plan, and from warm-up to cool-down they complete the training despite the time it takes. Other NCOs said the required conditioning in the PRT might be cut short in the unit environment to accommodate time.

"We've already implemented most of what Dr. Baker taught us," said Sgt. Brandon S. Samples of C Battery, 177th Field Artillery Battal-

ion in Schweinfurt, Germany. "There are some good things about the PRT. I like the pace, and there are smooth transitions from one exercise to the next, and it doesn't require a lot of time in between."

Samples said he has the ability to influence what they do in PT, so he's glad he attended the course to get the additional information, but said he also has the responsibility of using the information he learned in the course.

"I read somewhere that knowledge without use is not knowledge at all," said Samples. "I think a lot of people don't know a lot about the new PRT, and integration will be a slow process."

Staff Sgt. Amy L. Hurst, a student attending Bamberg, Germany, who has deployed twice, said being away from her leadership position to focus on her own development has made it easier to absorb the knowledge.

"If used properly it's good for adding variety



Robin Baker, DPT, Soldier 360° instructor and Spc. Emily J. Schaeffer of 3rd Squadron, 2nd Stryker Cavalry Regiment, demonstrate the High-Low Diagonal Pass with the medicine ball. Soldier 360° is reinforcing the standards set in the new Physical Training Manual TC3-22.20. NCOs learn to use the PRT system to develop strength, endurance and mobility in their Soldiers while reducing injuries.

to your everyday physical training sessions," said Hurst, who is the rear detachment noncommissioned officer in charge for G Company, 54th Engineer Battalion. "I am really excited to see the new PT test take effect, because it will better gauge how you will perform downrange."

"Soldier 360° has a far reaching impact," said Lopez. "We have trained 298 Soldiers, but collectively these Soldiers supervise more than 6,000 Soldiers and civilians."



U.S. and German pilots and ground crew stand proudly in front of Germany's new Eurocopter Tiger attack helicopter. This was the first time that attack helicopters from both countries have conducted coordinated joint live-fire exercises in the Grafenwoehr Training Area.

Aviators test new attack helicopter

Sgt. Rick Frost

*114th Public Affairs Detachment
New Hampshire National Guard*

GRAFENWOEHR, Germany — The training between U.S. and German aviators has changed with Germany's introduction of a new attack helicopter.

For the first time, aviators from both countries participated in a coordinated, live-fire training exercise. They utilized the U.S. AH-64 Apache Attack Helicopter and Germany's new Eurocopter Tiger Attack Helicopter.

"Having an attack helicopter is brand new to the German army," said U.S. Army Chief Warrant Officer 3 Dennis Krumholtz, a battalion tactical operation officer for the 2/159th Attack Reconnaissance Battalion, 12th Combat Aviation Brigade, from Illesheim, Germany. "So, we invited the Germans to participate in our battalion gunnery training here at

Grafenwoehr and conducted live-fire training with them."

The German aviators accepted the training invitation and arrived at Grafenwoehr to begin the exercise on a remote range, which would prepare them for a new type of combat situation.

"We've had anti-tank helicopters that could only be used for attacking tanks, so this is a very big deal for the German army," said Maj. Goetz Odendahl, a tactical evaluation officer for the German army's 362 Attack Helicopter Battalion. "We've tried to learn from the Americans, take those new tactics we've learned on the range and adjust our training and procedures."

The range is particularly effective and beneficial for the German aviators, who are accustomed to tracking their effectiveness by counting hits visually. This range offers digital tracking of the targeted hits, saving time when trying to calculate the ef-

fectiveness of the weapons systems, according to the German pilots.

U.S. Apache aviators also provided their German counterparts with practical training on dynamic firing, which means deploying their weapons systems while in motion. This dynamic firing is what makes an attack helicopter unique, according to the U.S. aviators.

These pilots will likely be deploying to Afghanistan with their new Tigers, and this exercise will prepare them for joint operations. JMTC provides the U.S. and its multinational partners the ability to integrate training to prepare them to fight together and win against a common threat.

"We have NATO standards we have to train to, and we have to fit this helicopter into this tactical environment," added Odendahl. "We've teamed up with the Apaches here, which is exactly what we would be doing in combat, so this has been a very good opportunity for us."

Multinational soldiers test life-saving skills

By Staff Sgt. Whitney Hughes

*114th Public Affairs Detachment
New Hampshire National Guard*

GRAFENWOEHR, Germany — The soldier's crimson-stained hands visibly shook as he checked the respiration of his patient, whose chest shallowly rose and fell, while billowing smoke and sounds of gunfire surrounded the two in a haze of chaos.

Although the scene felt like something out of "Saving Private Ryan," the patient was actually a training aid and the soldier, Czech army Staff Sgt. Lucas Cimburek, a squad leader with

the Reconnaissance Platoon of the Czech army's 42nd Mechanized Battalion. He was a student completing the Combat Live Saver course at the Joint Multinational Training Command's Medical Simulation Training Center here as part of his unit's predeployment training before their upcoming mission in Afghanistan.

"It (the training) is very difficult to do in our country," said Czech Republic army Lt. Jeremy Hapla, a mortar platoon leader.

The training, aids and devices to teach the course aren't available in his country, Hapla said.

"This is a win-win for security partners in general because we are providing our NATO and ISAF partners the same predeployment training as we are to our combat brigades," said McLean.

JMTC ensures the training is relevant by incorporating lessons-learned provided by returning units — the key factor realism.

The training began in the class-

room and culminated with an intense hands-on scenario. Then, during the practical exercise the soldiers implemented the combat life-saving skills learned in the classroom on mannequins that breathe and bleed. Based on the care received during the training the patient lives or dies.

"They have vital signs, so you can check pulse and respiration, even blood pressure," said Staff Sgt. Jermain Barkley, a combat medic with the MSTC. "Everything is preprogrammed for the soldier, and when they approach to the casualty all they have to do is assess them, and treat what they see."

The multinational soldiers say the realism is beneficial.

"It's like in reality when you are outside on a mission, the same conditions, the same aura, and the same lights. It's a very good experience for us," said Hapla.

Cimburek said the training at the MSTC was more realistic than anything he had encountered during his military career, and after completing the rigorous course he feels much more confident about their upcoming deployment to Afghanistan.

At the end of the training the Czech soldiers may have walked away from the MSTC stained with simulated blood, dripping sweat, but with an obviously heightened sense of confidence and self-assurance about their upcoming mission to Afghanistan.

"The success story from my perspective is that our NATO ISAF partners are seeing the benefit of the individual and collective training that JMTC provides," said McLean.

It's like in reality when you are outside on a mission, the same conditions, the same aura and the same lights.

Lt. Jeremy Hapla
Czech Republic Army Mortar
Platoon Leader



Courtesy Photo

Tips for getting on the road in Germany

Taking time when shipping and receiving a car can prevent headaches down the road

By **Lindsay Hunter**
USAG Ansbach

ANSBACH, Germany—I have been a claims examiner for seven months and have assisted hundreds of Soldiers and their families with various claims. After seeing many successful claims and many not-so-successful claims, I have learned a few tricks of the trade and would like to pass them on.

Transportation will provide a list of things that must be done to prepare a vehicle for shipping. When you turn your vehicle in to be shipped, a Vehicle Inspection and Shipping Form (VISF) will be filled out, detailing every scratch and nick. Review these carefully and make sure there really is a scratch in the location listed.

In my experience, when shipping a vehicle the most common place damaged is the front bumper. So, pay extra close attention to scratches/dents/chips listed on the front bumper—make sure they really exist.

When you pick up your vehicle at your new duty location, take your time and carefully examine every inch of the exterior and interior. Write down all damage on the VISF before you drive your car away.

If your car is too dirty to do a thorough inspection, request that the vehicle be washed. Most companies will give you a coupon for a nearby



Hunter

car wash and allow you to bring the vehicle back immediately and complete the inspection.

If you drive away and then notice internal damage to your vehicle, drive back immediately

and have this damage noted on the VISF. If the shipping company will not allow you to wash your car or note damages on your VISF, ask to see your government representative.

If you do not note loss or damage at the time of pick-up, it will be almost impossible to recover anything for the loss or damage. In many cases, the shipping company will make you an offer at the time of pick-up.

If you accept it and find out it will cost more to repair than originally expected, you cannot get more money for that damage from the shipping company or an Army claims office.

If you have damage and want to make a claim, you may file it directly with the shipping company or the Army claims office.

The shipping company will provide you with a packet that includes instructions on how to file a claim with them.

If you want to file the claim with the Army, take your Vehicle Inspection and Shipping Form (and your vehicle) to your local claims office. The maximum amount that can be paid by the Army for a typical vehicle move is \$20,000. The shipping company does not have this \$20,000 limit.

Customs clearance a must when selling cars in Germany

By **Robert Szostek**
USEUCOM Customs Public Affairs

HEIDELBERG, Germany — U.S. personnel can avoid big trouble by getting a customs “Permit to Transfer” when transferring a USAREUR-plated vehicle to a non-ID cardholder in Germany.

“It is essential to get a permit to transfer before you sell, donate or transfer a car to a German car dealer, junkyard or person who is not an ID cardholder,” explained Fred Evans, chief of services at the USAREUR Customs Executive Agency in Heidelberg. This applies even if the vehicle was wrecked in an accident and you did not receive any money for it, he added.

If you do not obtain this permit, you will eventually fail to clear ve-

hicle registration when it is time to PCS. Customs authorities also may require you to prove what happened to the vehicle.

“This is obviously very difficult if the car was crushed long ago, you are in the middle of clearing out of Europe and you have no record of where the car went,” Evans continued. If you cannot show what happened to the vehicle, you may be identified in a military police report and subject to disciplinary action.

The “Permit to Transfer” (AE Form 550-175B) is available at the U.S. forces customs office serving your garrison. More information on selling personal property in Germany the right way is available online at www.hqusareur.army.mil/opm/custom2.htm or by contacting your local U.S. forces customs office.

Internet a source for car shippers

By **Robert Szostek**
USEUCOM Customs Public Affairs

HEIDELBERG, Germany — U.S. personnel overseas can find facts about shipping vehicles to the U.S. on the Internet. The listed links are on the Military Customs website at www.hqusareur.army.mil/opm/cars.htm.

The U.S. Bureau of Customs and Border Protection offers tips on converting foreign vehicles to U.S. emission and safety standards, washing requirements to prevent spreading bugs and diseases stateside, along with information on how to import a vehicle without paying duty.

For people with vehicles not built to U.S. safety specifications, the site has links to the latest list of registered

importers that can do U.S. safety conversions, the list of models that can be converted, details on importing Canadian standard vehicles, and the HS-7 Declaration Form required for vehicle imports.

The Environmental Protection Agency also has a link listing Automotive Imports Facts, Independent Commercial Importer List, a “What’s New?” section, Approved Canadian Vehicles and the EPA 3520-1 Declaration Form.

The Department of Agriculture link explains why high standards of cleanliness are necessary for vehicles shipped stateside.

For more, visit Military Customs at www.hqusareur.army.mil/opm/us-customs.htm or by calling any military customs office.

Local military claims offices

Ansbach: DSN 467-2104, CIV 09802-83-2104
Bamberg: DSN 469-8411, CIV 0951-300-8411
Grafenwoehr: DSN 475-8428, CIV 09641-83-8428
Schweinfurt: DSN 353-8809 CIV 09721-968809
Vilseck: DSN 476-2240, CIV 09662-83-2240
Hohenfels: DSN 466-2401, CIV 09472-83-2401
Garmisch: Call the Hohenfels or Grafenwoehr claims office.

Customs office helps guests ‘drive on’ in Germany

By **Robert Szostek**
USAREUR Provost Marshal Public Affairs

HEIDELBERG, Germany — One advantage of being stationed in Germany is that friends and family can visit you to get that real Old World travel experience. And you can let them drive your USAREUR-plated car on their own excursions if you first receive customs approval.

“Just go to your local military customs field office and fill out the application form,” said Fred Evans, chief of services, USAREUR Customs Executive Agency. “If you want to have the paperwork ready before your relatives or friends arrive, you should bring along your vehicle registration and clear copies of their passports, stateside driver’s licenses and official German translations of their licenses or international driver’s licenses issued by the American Automobile Association or National Automobile Club,” he added.

For visitors from countries other than the U.S., ask your military customs office if an international driver’s license or translation is required.

It is very important to note that your guests cannot be residents of Germany or plan to establish residency in Germany, and they cannot be your dependents. It is also important

to ensure that your automobile insurance covers your guests. Consult the customs website at www.hqusareur.army.mil/opm/custom3.htm for more details on procedures and locations of customs offices.

Your guests can use this exception to policy to drive a USAREUR-registered POV in Germany for up to 90 days within a six-month period. The 90-day period begins on the day the visitor arrives in any European Union member state. The document must remain in the car when your guests use your vehicle independently, along with their passports, the vehicle registration, proof of insurance and their international driver’s licenses (or official translations of their licenses).

“Driving in Germany is a tax and duty-free privilege for U.S. forces personnel and their dependents,” Evans explained, which is why the customs authorization is required for guests. He warned that this exception to policy does not let your guests buy gas at AAFES gas stations or use your AAFES fuel ration card. Likewise, friends and family visiting Germany who rent a car may not use AAFES gas stations or AAFES fuel ration cards.

Your guests can have a great time driving around Europe if you plan ahead. Call any military customs field office to find out more.

Fiscal fitness with ACS

By **Chelsea Bissell**
Special to the Bavarian News

GRAFENWOEHR, Germany — Controlling money and its temptations can be a challenge for Soldiers and their families, and a transition overseas means new and exciting ways to spend. It also means unexpected costs, fees and an unfavorable exchange rate that can bleed paychecks and savings.

To soften the impact, Army Community Service offers regular, free classes for Soldiers and the community on financial readiness.

The next Money Management Course is June 16 at Rose Barracks ACS Bldg. 322 from 1-3 p.m.

The classes, on topics such as checking account maintenance, home buying, investing, insurance and basic money management, give information and tips on how to make insightful choices and meet realistic goals. The aim is to ensure that Soldiers and their families make intelligent financial decisions so they do not struggle with money later.

“I felt like it was very informative and helped me better understand money and investment,” said Pfc. Deanna Hill, who attended both the Money Management and Investment 101 courses.

Though the course is a jumping-off point for financial awareness, J. Carey Perks, a former Soldier who teaches the financial classes, brings essential insights to the table and pinpoints exactly how Soldiers get in trouble and how they can avoid it.

In Money Management, the course with the broadest applicability, Perks touches on household and personal budgeting, investment and debt management. As a first step, he promotes “financial literacy,” understanding when, why and how someone spends money. People are often unaware of their purchases and go about them compulsively.

“What worries me are the people who come home, set down their bags and ask, ‘Why did I buy that?’” said Perks.

To combat this mindless splurging, Perks lays out a template to track expenditures and make a realistic budget. With this, it is simple to see what is bought needlessly, out of boredom or on an expensive whim.

The classes also address longer-term investments and savings for those who have an eye on future purchases and retirement. As a seasoned investor, Perks’ knowledge of the market is abundant, but not overwhelming.

To Hill, this introduction into the world of investing was the extra push she needed to get involved.

“I always wanted to invest,” she said, “but I never understood the whole concept or how to do it.”

The investment classes give attendees the framework with which to begin investing. It also has the attendees consider their risk tolerance, time frame and desire as a telling guide to where they should put their money.

The constantly shifting and international lifestyle of Soldiers is also considered in the classes as Perks details the best investments for people who don’t always have time to sit down and track the market.

Again, Perks stresses the importance of goals in investing. Once investors hit their target goal, be it money for the down payment on a house, a vacation or retirement, he recommends cashing in. There’s no need to get greedy.

More information can be obtained at the ACS offices at Rose Barracks Building 322 and Main Post Building 244, Room 113, or by e-mail at graf.acs@eur.army.mil.

Don’t be left out of the loop — visit us at Facebook.com/USAGG.

Best Warriors take it back to basics

Story and photo by
Sgt. Adrienne Burns
*18th Military Police Brigade
Public Affairs*

MANNHEIM, Germany — General George S. Patton once wrote in 1933, “Wars may be fought with weapons, but they are won by men. It is the spirit of men who follow and of the man who leads that gains the victory.”

Eighty years later, that statement rings as true today. As a testament to Patton’s observation and encompassing the boldest of spirits, the best of the best among the Soldiers and non-commissioned officers in the 18th Military Police Brigade, 21st Theater Sustainment Command, battled in Baumholder for the title of Warrior and Warrior Leader of the Year.

Up and down the hills of Baumholder, Soldiers pushed through the Army Physical Fitness Test, day and night land navigation, the new Army Physical Readiness Test, a six-event obstacle course, a combatives tournament, situational training exercise (STX) lanes, day and night weapons assembly, weapons qualifications, a reflexive firing range and a road march.

While each Soldier was motivated by something different, the common denominator they all shared was fortitude. Throughout the three-day competition they never quit while being pushed physically and mentally.

“It definitely brings you back to the roots of the Army and what the Army is all about,” said Sgt. 1st Class Brian Presley, a competitor and the operations NCO for Headquarters and Headquarters Company, 18th MP



Brigade. “I think it really gets to the core of the Warrior Ethos and the Soldier’s Creed.”

Despite the fact that the Soldiers were competing, an air of teamwork was present throughout the competition. They pushed one another as hard as they pushed themselves.

“I’m a very competitive person and no matter what I do, I strive to be the best,” said Spc. Michael Perez-Arce, 615th MP Company.

Sgt. Jason Murray, a competitor and a squad leader from the 92nd MP Co. said the competitors ended their three days in Baumholder as a very tight-knit group.

The Soldiers bonded through the blisters and backaches. While outfitted in combat gear and carrying a full rucksack everywhere they went, Soldiers were brought back to the

basics of Army training to see what they knew and how much they could handle.

Weeks of training went into preparing these Soldiers for the competition. Two-hour PT sessions twice a day, ruck marches, mock boards and daily common task training account for only a portion of the hours of preparation it took to get these Soldiers to this level.

While being named the best was the ultimate goal, every Soldier left the competition knowing that they’d given their best. They epitomized the spirit that Patton spoke of all those years ago.

“They had the right mindset and they were motivated and that was great to see,” said Sgt. 1st Class Clifford Price, the NCO in charge of the competition.

Under a watchful eye, U.S. Army Sgt. James Byrnes, a native of Green Bay, Wis., and a team leader with the 615th Military Police Company, makes his way across one of the many obstacles on a course during the 18th MP Brigade’s Warrior and Warrior Leader of the Year competition in Baumholder, Germany. Byrnes was named the Warrior Leader of the Year for the 18th MP Brigade. Spc. Michael Perez-Arce, also from 615th MP Co., took home Warrior of Year honors.

Ultimately, both winners of the competition were from the aptly named 709th MP “Warrior” Battalion. Earning the title of Warrior Leader of the Year was Sgt. James Byrnes, a team leader with the 615th MP Co. The Warrior of the Year winner was Spc. Michael Perez-Arce, also with the 615th MP Co.

As he continues on to the next level, Byrnes commented on what motivates him.

“Representing my unit, everyone’s counting on me to continue making it through and they’re pushing for me. So I find it’s more like I’m trying to win it for my Soldiers and my company than for myself.”

Byrnes and Perez-Arce will now compete in the 21st Theater Sustainment Command’s Warrior and Warrior Leader of the Year event.



Photo by Kirstin Reed

Elnatan Teklu places a flower on a grave at the American Cemetery in Normandy.

Boy Scout shares his thoughts

Continued from page 3

I hear people all the time telling me they’re not proud to be an American because of this, that or another thing, but thousands have died for what America means. When there are large numbers, you often look at the whole and not the individual, but each individual had a family and each family lost something important to them.

As the years pass and the events grow more distant, it’s harder to remember, but they are still with us defending that freedom. The very least we can do for those who have died for us is to remember and honor them.

After Normandy, I’m even more proud to say, “I am an American.”

Editor’s Note: Clinton Schwartz is a freshman at Hohenfels Middle/High School.



Photo by Norbert Wittl

Volunteer firefighters from Velburg train with the Hohenfels Fire Department at Uebungsdorf in the training area. Hohenfels was named Europe’s Best Small Fire Department of fiscal year 2010.

Fire Dept. spreads wealth, trains the community

Continued from page 1 training,” he added.

The training doesn’t stop there. Since 1996, the fire team has provided hands on helicopter crash and rescue training for over 500 volunteer firefighters and emergency medical responders for the surrounding four counties, most recently for Velburg fire department in May.

“We gave training to the airport firefighters in Nuremberg also,” said Gert Fuchs, deputy chief. “We showed them shutdown procedures for the helicopter, rescue and extraction. It was completely new for them.”

The department is also up for the Department of the Army Small Fire Department award, but what it is most excited about is four new vehicles.

“The trucks we have right now don’t meet the required standard,” said Fuchs.

“They’re not so reliable anymore,” Stoeckl said. “You’re not sure if you push the button, will it really start. The crash truck is the oldest in

IMCOM Europe.

In addition to a ladder truck and a crash/fire rescue vehicle, the department is receiving two new wild land, or all-terrain vehicles for use in the training area.

When not training other units, the fire department provides fire prevention training for the entire community, participating in the Snap program, Fire Prevention Week, and Child Safety Day.

They’re even on call for off-post emergencies, ranging from medical emergencies to emergency work orders.

“If your pipes broke, and you’re having a language barrier with your landlord, you can call us,” said Stoeckl.

In an off-post medical emergency even as far away as Neumarkt, a call to the fire department can ensure the nearest doctors with the right equipment get to you.

“Even if we can’t help with our apparatus, we can send some apparatus,” said Stoeckl.



Join the USAG Grafenwoehr community in celebrating the Army’s 236th Birthday at noon in the Main Post Dining Facility, Bldg. 101. The

lunch, which will feature lobster tail, steak, shrimp, chicken, BBQ ribs, turkey and other selections, will run from 11:30 a.m. to 1 p.m.

Mendoza recovering from heart attack

Continued from page 1 extricated Jill and lay her on the sidewalk.

“Both Kathy and I had been trained for CPR, and I knew that getting oxygen into her brain was going to be critical,” Mendoza said. With Clemmons performing chest compressions, Mendoza administered mouth to mouth. By this time, the wail of sirens could already be heard.

“I said to Jill, ‘Honey if you wanted a kiss, all you had to do was ask,’” Mendoza said.

“The fire department arrived and immediately took over,” said Mendoza. Finding no pulse, the firefighters, fire chief Guenter Stoekl, Juergen Spangler and Reinhart Nunner, deployed the defibrillator.

“When they zapped her, the body just shakes, and it’s very scary,” said Mendoza. “You see it on TV, and well, yeah, that’s TV, but when it’s your wife it’s really scary.”

“There was no hesitation,” he added. “They were doing their job and they were doing a really good job. If it hadn’t been for them, who knows where Jill would be right now.”

The Bavarian Red Cross ambulance was next on the scene, slipping

a tube down Jill’s throat to facilitate breathing.

As the medical crews worked, a medevac helicopter touched down. Jill was transferred yet again to a third set of machines.

“There were wires and tubes all over the place,” said Mendoza. “Each group had their own machines. They were unhooking her, and hooking her ... the transition from one to the other was seamless.”

The chopper crew included pilots Maj. Mark Escherich, Chief Warrant Officer 4 Michael McQuade, crew chief Staff Sgt. Richard Molezzo and flight medic Staff Sgt. Joshua Waddell, all part of the Washington D.C. National Guard 121st Medical (Air Ambulance) Company, deployed in support of the Joint Multinational Training Command.

“I asked the pilot, how long will it take, and he said ‘Sir, we’ll be there in seven minutes,’” said Mendoza. “That’s pretty fast.”

Six weeks later, Mendoza said you would never look at Jill and think she had a heart attack. But the road back hasn’t been easy, involving a medically induced coma, stents and muscular rehabilitation.

“When Jill was in cardio rehab, the heart specialist said to me, ‘I’ve done CPR on maybe 100 patients, and only two have survived,’” Mendoza said. “Jill dodged a bullet.”

“I have no recollection of that day or the next six days,” Jill said. “I would like to thank all the emergency medical teams that assisted in saving my life. My husband Dan said what these individuals did was truly amazing and without them and God I would not be here today. He said their medical expertise was remarkable and they should be commended.”

“I told Lt. Col. Quarles, ‘Sir, you should be proud of the people in this community for helping Jill. It was like a well-oiled machine that did what it’s supposed to do in a crisis,’” Mendoza added.

“We want to express our sincere appreciation for all those community members for their prayers, cards, well wishes and offers of help in our time of need. We are lucky to be a part of such an outstanding community,” said Jill. “I have been told by the medical experts I am very lucky to be alive. I do not know the names of the all the heroes that saved me, but thank you and may God bless you all.”

Official’s clinic set for June

**By IMCOM Europe FMWR
News Release**

SCHWETZINGEN, Germany — Ansbach, Germany, and Vicenza, Italy, will host this year’s soccer official clinics for new and experienced officials. The clinic in Ansbach will be host at the Von Steuben Community Activity Center, June 14-18. Start

time in Ansbach is 10 a.m. Vicenza will conduct its clinic June 21-25, at the Kaserne Ederle Fitness Center Conference Room, 6-9 p.m.

Dan Heldman, national instructor trainer since 1999, has been selected again for this year’s clinic. He has conducted clinics in 14 states, Germany and Italy. Last year he was selected as the U.S. Soccer Federation

instructor of the year. Heldman is a contributing editor to “Ask the Referee” and other soccer publications.

The clinic is designed to train participants to become officials for military, Child and Youth School Services, DODD’s matches. Attendees will learn field mechanics, current rules, points of emphasis and discuss changes. The clinic will culminate

with a written test and practical examination. The practical examination will consist of on the field officiating. Those matches are scheduled on Saturday.

To register for Germany, contact Angela Flowers at DSN 379-7667 or e-mail Angela.Flowers@us.army.mil. The Schwetzingen civilian number is 06202-80-6572.